YORK FITNESS

anniversaryt202

owner's manual

yorkfitness.com

30/03/2011 version III

YORK FITNESS

Congratulations on purchasing a treadmill from York Fitness.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new treadmill. For more information visit www.yorkfitness.com

YORK FITNESS

contents

safety information 04

customer support 05

assembly instructions 06

user instructions 11
- quick start
- console display and feedback
- button functions
- using workout programs

treadmill features explained 14

exercising with your treadmill 16

how to take care of your treadmill 17

troubleshooting 18

your warranty 19

exploded diagrams and parts list 20

safety information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY -
THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface
- Always use the product on a level surface, ensure that the product is stable before use.
- Always allow a clear space measuring 1 metre wide by 2 metres long directly behind the treadmill.
- This product is provided with a safety key. The treadmill will not operate without the safety key inserted.
- A safety key is fitted in case of need for an emergency stop.
- The safety key should be attached to the user via the cord and clip. If for any reason the user falls the cord will pull the safety key from the treadmill and the treadmill will begin to decelerate.
- In an emergency take hold of the handrails and place your feet on the side platforms provided, once you are stable pull out the safety key, the treadmill will begin to decelarate until it stops.
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight for this treadmill is 150kg.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons(including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Safety Standards

This treadmill meets the requirements of the EU's EMC and Low Voltage directives and ISO 20957 parts 1 and 6. Therefore the product carries the following marks:

CE

This product is not suitable for therapeutic purposes.

! It is important that you keep these instructions for future reference.

Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities (Europe only).

Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. Serial No. - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.
2. Original purchase date
3. Place of purchase
4. Information about the place and conditions of use
5. Precise description of the issue / defect

Use only on a level surface
YORK FITNESS
Manufacturer: York Barbell
Contact: www.yorkfitness.com
Product: anniversary t202 treadmill
Max User Weight: 150kg
Safety Standards: ISO 20957 1 & 6 - Class HC / BS EN 60335 -1
Electrical info: 220V - 240V~ / 50Hz / 1800W
Model - Serial No.: 51042-G03000001

Your serial No. is:

Contact Us

ENGLAND
York Barbell (UK) Ltd. York Way, Daventry, Northants, England NN11 4YB
Tel: (01327) 701800 Helpdesk Tel: (01327) 701824 Fax: (01327) 706704 email: helpdesk@yorkfitness.co.uk

AUSTRALIA
Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566 Australia
Tel: (02) 9603 8333 Fax: (02) 9603 8555 email: service@yorkfitness.com.au

OTHER LOCATIONS
Please see website - www.yorkfitness.com

1. Before you start

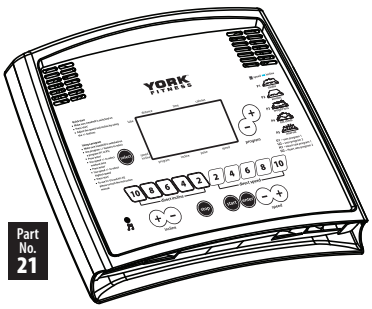
1. **Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.
2. **Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.
3. **Open the carton -** checking any warnings on the carton and make sure you have it the right way up.
4. **Unpack the carton**

a. Remove all the parts and packaging from above the treadmill and lay them out on the floor

b. Flatten the sides of the carton and remove the rest of the packaging from around the treadmill

c. Make sure you have the following parts:

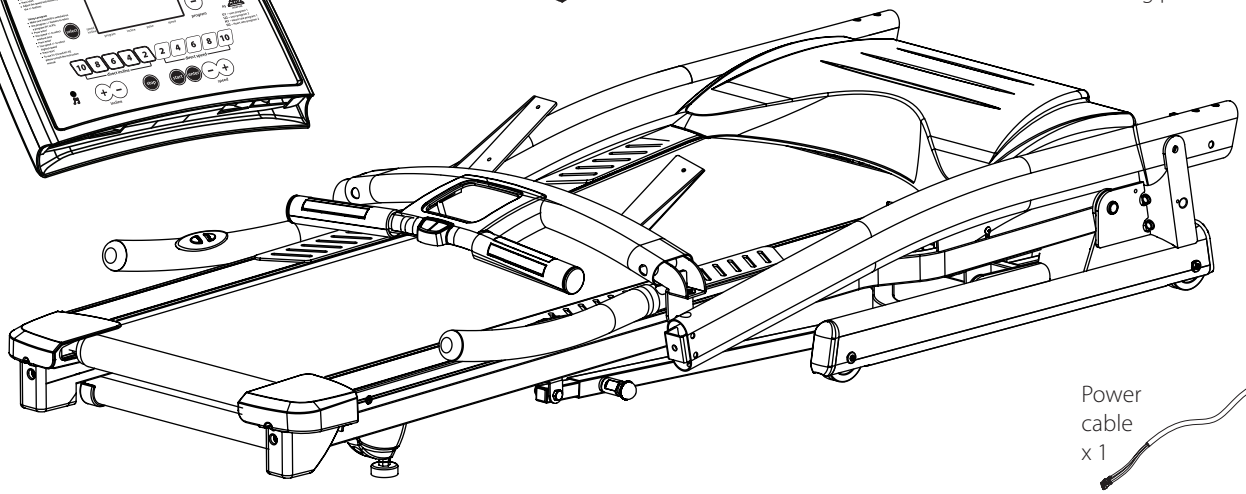
Console x 1



Part No. 21

Safety Key x 1

Part No. 68



Power cable x 1

Part No. 54

Plastic Covers

Left front corner cover x 1

Part No. 27

Left rear corner cover x 1

Part No. 28

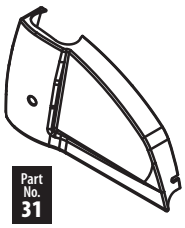
Right front corner cover x 1

Part No. 29

Right rear corner cover x 1

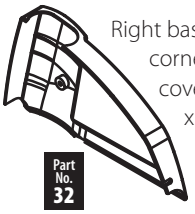
Part No. 30

Left base corner cover x 1



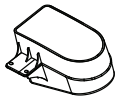
Part No. 31

Right base corner cover x 1



Part No. 32

Right cup holder x 1



Part No. 25

Left cup holder x 1

Part No. 26

Fixings

Part No. 89 — 12mm self tapping screw — x 4

Part No. 98 — ¾" hex head bolt — x 4

Part No. 100 — Flat washer — x 2

Part No. 106 — 16mm machine screw — x 2

Part No. 114 — 3¾" hex head bolt — x 4

Part No. 115 — 15mm machine screw — x 6

Part No. 116 — 10mm machine screw — x 4

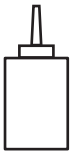
Part No. 118 — Curved washer — x 4

Part No. 119 — Threaded clip — x 2

Part No. 132 — Round plastic bolt cap — x 2

Tools and Consumables

Lubrication oil

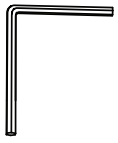


Part No. 120

Nut driver/ screw driver

Part No. 121

Allen key



Part No. 122

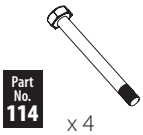
This treadmill takes up a floor space of 81cm by 179cm and weighs 82kg

If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 5 for contact details.

2. Fix the uprights in place

1. Lift the uprights into place – make sure they are pushed fully into the brackets at the base
2. Fix the uprights in place at the base using 4 x bolts (114) and 4 x curved washers (118).
3. Position bolt cap (132) over the protuding bolts.

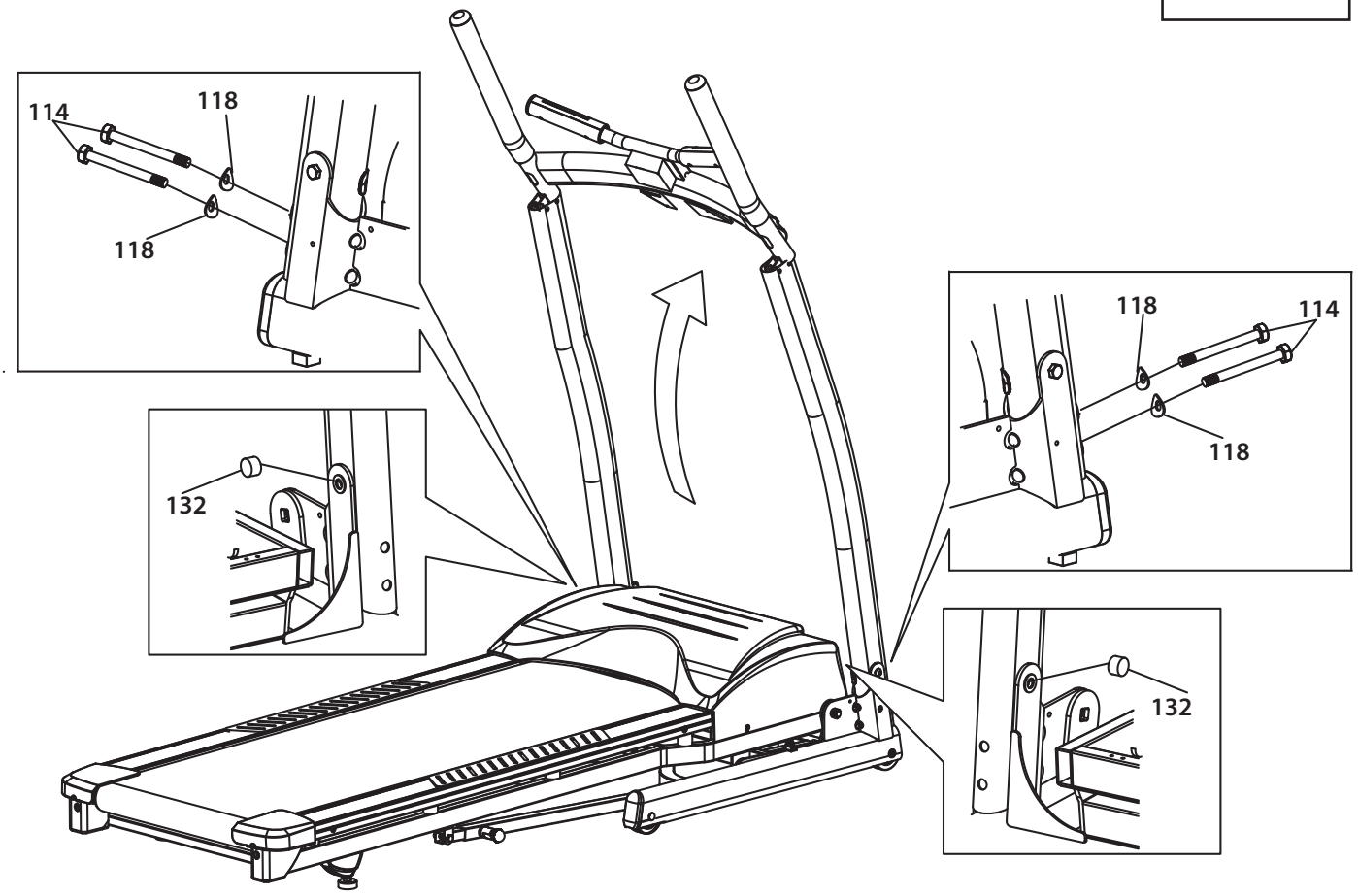
FIXINGS:



Part No. 114 x 4

Part No. 118 x 4

Part No. 132 x 2



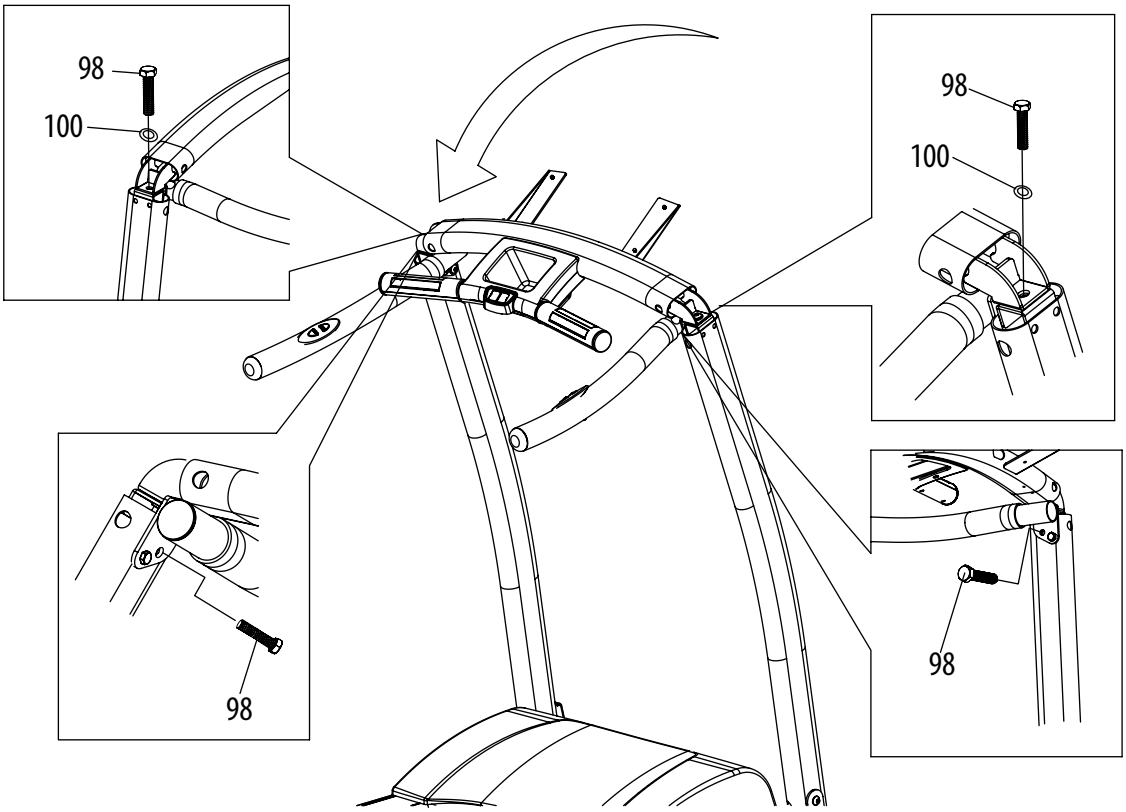
3. Fix the handrails in place

1. Fix the handrails in position using 4 x bolts (98) and 2 x flat washers (100)

FIXINGS:

Part No. 98 x 4

Part No. 100 x 2

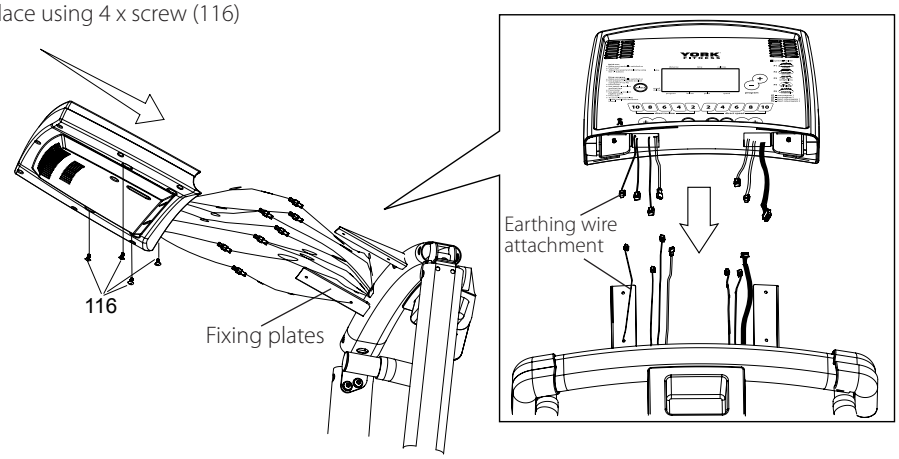


4. Attach the console

1. Slide the console partially onto the fixing plates
2. Attach the cables from the bottom of the console to the cables hanging out of the cross bar (match like coloured fixings together) - make sure they are connected together as tightly as possible
3. Slide the console into position so it sits flush against the cross bar
4. Fix the console in place using 4 x screw (116)

FIXINGS:

Part No. 116 x 4



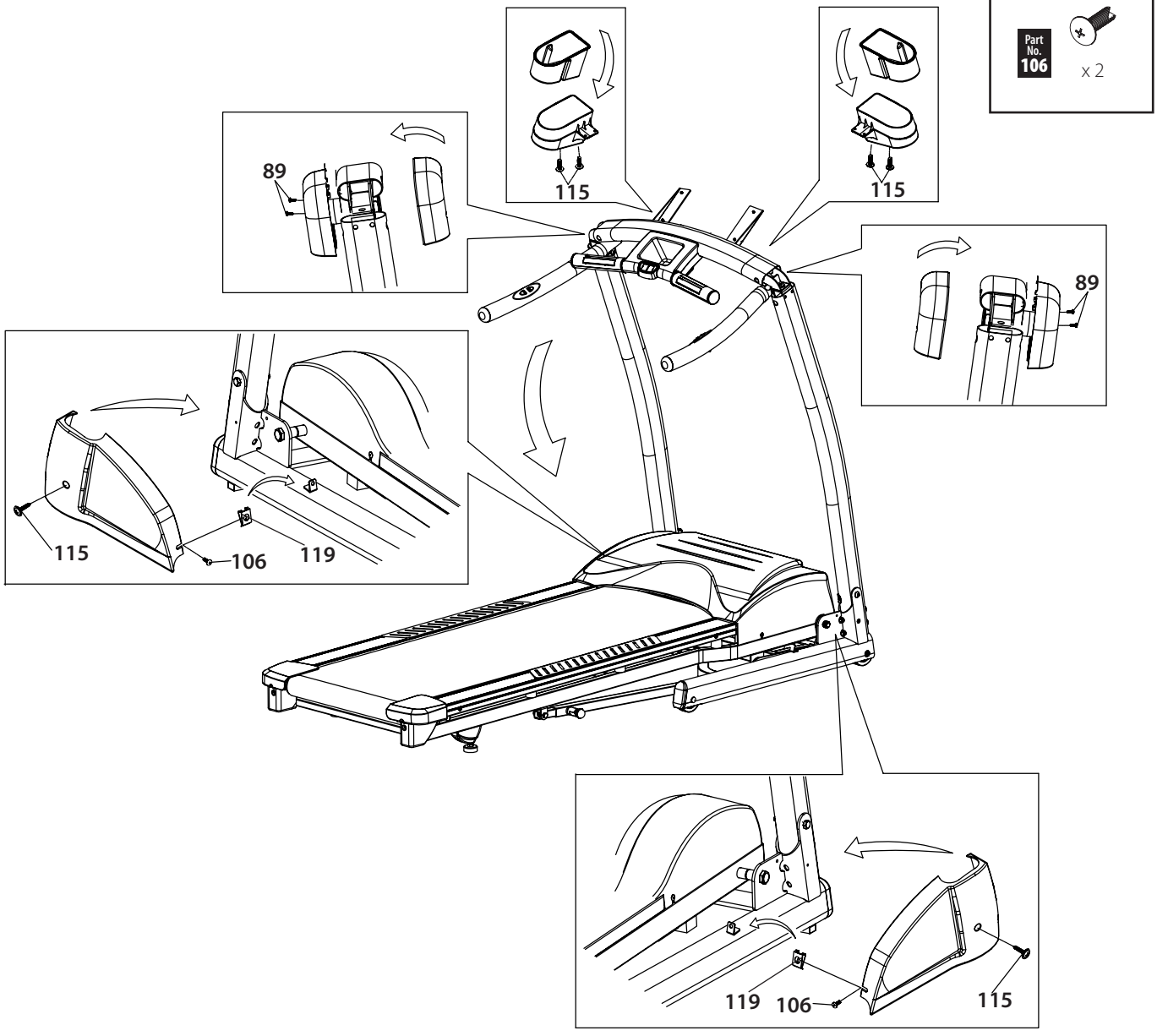
5. Attach the plastic covers

Before you attach the plastic covers, make sure all the screws / bolts they are covering are fully tightened

1. Slide the inner cup holders into the outer cup holders and the attach to the treadmill using 4 x screw (115).
2. Push all 4 corner covers into position, taking care not to trap the wires, and then screw them together using 4 x screws (89).
3. Position 2 x threaded clips (119) over the small brackets
4. Put the lower covers into position and attach using 2 x screws (115) and 2 x screws (106).

FIXINGS:

Part No. 115	x 6
Part No. 119	x 2
Part No. 89	x 4
Part No. 106	x 2



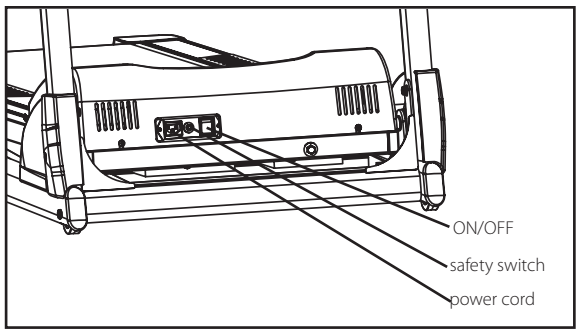
Final Checks

Your treadmill is now assembled. Please make the following final checks before you power up for the first time.

- Make sure all screws / bolts are tightened
- Make sure the treadmill is on a flat, level surface.

Power up

1. Plug one end of power cable into the treadmill as shown
2. Plug the other end into a suitable AC outlet (220-240 volt, 50Hz)
3. Switch the treadmill on using the on / off switch
4. Attach the safety key to the console



NOTE: Before you run on the treadmill for the first time, use the Quick Start instructions on page 11 and allow the treadmill to run independently for 10 minutes. Check the running mat is tightened correctly and runs smoothly. If you think the mat needs adjusting please see page 14 for more details.

Quick Start

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Press the 'start' button
3. The display will countdown 3,2,1 before the treadmill mat slowly begins to move (1.0 km/h)
4. Use the + / - buttons to change the speed and incline

NOTE ABOUT THE SAFETY KEY: The treadmill will only operate when the safety key is in position – if the safety key is removed while the treadmill is in operation it will stop immediately. Before every workout session please make sure you attach the safety key to the console and the clip at the other end to your clothing. When the treadmill is not in use you should remove the safety key and store it somewhere safe, out of the reach of children.

Console Display and Feedback

Profile window
In manual mode a 400m running track is displayed. In program mode the program profile is displayed

Time
Time exercised this session; default counts up from zero, but counts down if a target has been set

Speed
Current speed the treadmill is providing, in km/h

Distance
Distance travelled this session; default counts up from zero, but counts down if a target has been set

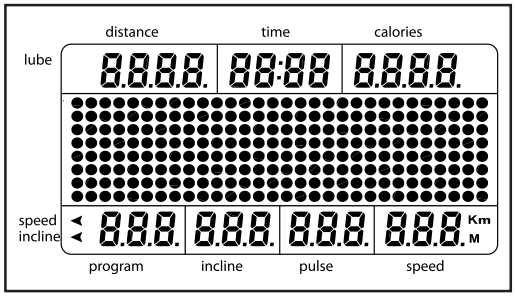
Calories
Approximate calories burned this session (for comparison only, not to be used for medical purposes); default counts up from zero, but counts down if a target has been set

Pulse
Current heart rate in beats per minute (bpm)

Incline
Current treadmill incline %

Program
Counts the number of laps completed (of the 400m running track)

Lube
Reminds the user when to apply lubricant. Once lubricant is applied, press and hold 'enter' for 3 seconds to cancel reminder



Screen Display

NOTE: When you first switch the treadmill on it will display; total time in use and total distance travelled, for 2 seconds

Button Functions

	Pre – workout	During workout
enter	confirms program settings	
select		switches between the speed and incline display in the profile window
start	activates the running mat and starts the workout restarts the workout after a pause	
stop		stops the running mat and pauses your workout – press a second time to finish the workout
program + / −	selects a workout program	
− + speed	adjust values in program setting mode	increase or decrease the speed, press and hold for rapid speed change
+ − incline		increase or decrease the incline, press and hold for rapid incline change
2 4 6 8 10 direct speed		immediately takes you to the corresponding speed
10 8 6 4 2 direct incline		immediately takes you to the corresponding incline

NOTE: if you use the 'stop' button to pause your workout; the incline will reset to zero and you must wait for the treadmill to come to a complete stop before you can resume.

Using Workout Programs

Manual Program

To use the treadmill in the manual mode (user controls the speed and incline settings throughout the workout):

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Use the program '+/-' buttons to select program 'M'
3. Press 'start' to begin your workout, or see below for how to set targets in manual mode

Target Program

You can also choose to workout by setting yourself a target based on time, distance travelled or calories burned. When you reach your target the treadmill will beep and end the workout by coming to a stop.

Target time

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Use the program '+/-' buttons to select program 'M'
3. Press 'enter'
4. Use the '+/-' buttons to set your workout time (min 10.00 and max 99.00)
5. Press 'start' to begin your workout

Target distance

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Use the program '+/-' buttons to select program 'M'
3. Press 'enter' 2 times
4. Use the '+/-' buttons to set your target distance (min 0.1 and max 99.9)
5. Press 'start' to begin your workout.

Target calories

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Use the program '+/-' buttons to select program 'M'
3. Press 'enter' 3 times
4. Use the '+/-' buttons to set your target calories (min 1.0 and max 999.0)
5. Press 'start' to begin your workout

NOTE: if you set multiple targets, for example time and distance, the treadmill will end the workout when the first target is reached

Pre-set Programs

This treadmill comes with 5 pre-set speed and incline programs – meaning both the speed and incline will adjust automatically throughout the workout

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Use the program '+/-' buttons to choose your program (P1 to P5)
3. Press 'enter' to confirm your selection
4. Use the speed '+/-' buttons to set your workout time
5. Press 'enter'
6. Use the speed '+/-' buttons to set the maximum speed for the program
7. Press 'start' to begin your workout

NOTE: if you don't want to enter a maximum speed or workout time you can begin your workout by pressing 'start' as soon as you have confirmed your program selection. The default settings are 20.00 minutes and 5 km/h.

NOTE: each program is made up of 20 segments. You will hear 3 short beeps to let you know when the treadmill is about to move onto the next segment.

NOTE: you can change the speed at any point during the workout, but once the program moves onto the next segment it will revert to the pre-set speed of the program.

User Created Programs

This setting allows the user to create and store 2 personal workout programs, which appear as U1 and U2. The first time you choose program U1 or U2 from the program selection screen you must create and store your workout routine, but from then on you can go straight to using the program:

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Use the program '+/-' buttons to choose U1 or U2
3. Press 'enter'
4. Use the speed '+/-' buttons to set the workout time
5. Press 'enter'
6. Use the speed '+/-' buttons to choose your speed setting for the first segment
7. Use the incline '+/-' buttons to choose your incline setting for the first segment
8. Press 'enter' to move on to the next segment
9. Repeat steps 6, 7 and 8 until all 20 segments have been set
10. Press 'start' to begin your workout

NOTE: If a speed or incline value is changed while using program U1 or U2, this new value will be stored (the value displayed at the end of each segment is the one that is stored)

Heart Rate Controlled Programs

This treadmill features 2 Heart Rate Controlled (HRC) workout programs

- H1 is targeted at weight loss and is pre-set to operate at 60% of your maximum heart rate.
- H2 is targeted at aerobic conditioning and is pre-set to operate at 80% of your maximum heart rate

1. Make sure the treadmill is plugged in, switch on, and the safety key is in position
2. Use the speed '+/-' buttons to choose H1 or H2
3. Press 'mode'
4. Use the speed '+/-' buttons to set your workout time
5. Press 'mode'
6. Use the '+/-' buttons to input your age
7. Press 'mode'
8. The screen will display the pre-set value that is either 60% (H1) or 80% (H2) of your maximum heart rate. If you are happy with this move to step 9, otherwise use the speed '+/-' buttons to change the target heart rate
9. Press 'start' to begin your workout

How the HRC program works

The program works by automatically adjusting the incline to keep you working out at your target heart rate. To do this the treadmill will need your pulse reading throughout the exercise (we recommend you use a chest strap for this).

- If your heart rate is too high the incline is decreased
- If your heart rate is too low the incline is increased
- The user is free to change the speed settings at any point during the workout

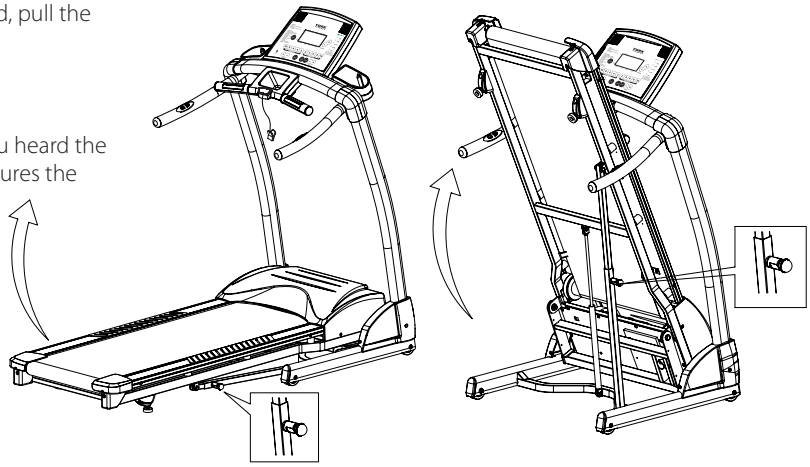
For more information about heart rate training and monitoring please see the 'exercising with your treadmill' and 'treadmill features explained' sections

! Do not use the HRC program if your heart rate is not registering properly on the display

treadmill features explained

Easi-lift Fold-up

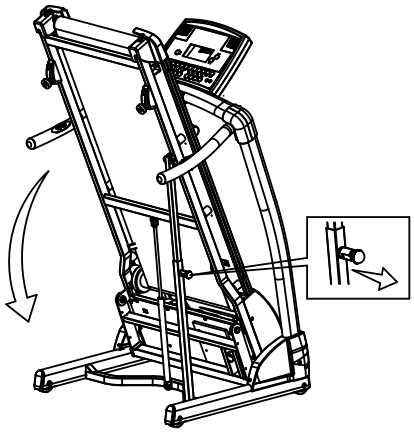
1. Whilst taking the weight of the deck with your left hand, pull the knob with your right hand
2. Continue to lift up the deck and release the knob
3. When the deck is in the highest position, make sure you heard the sound of the knob locking back into position – this ensures the deck is locked in place and will not fall back down.



Make sure the treadmill incline is at the lowest position before attempting to fold.
If the incline is not in the lowest position folding will damage the mechanism

Soft Drop Fold Down

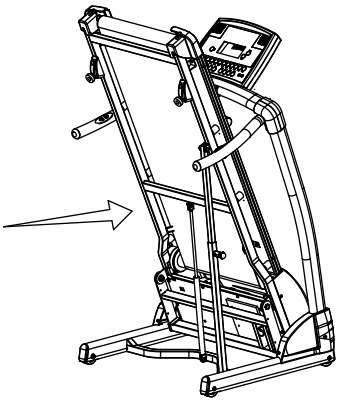
1. Whilst taking the weight of the deck with your left hand, pull the knob with your right hand
2. Let the deck slowly guide itself down to the floor



make sure there is nothing obstructing the deck as it lowers

Moving the Treadmill

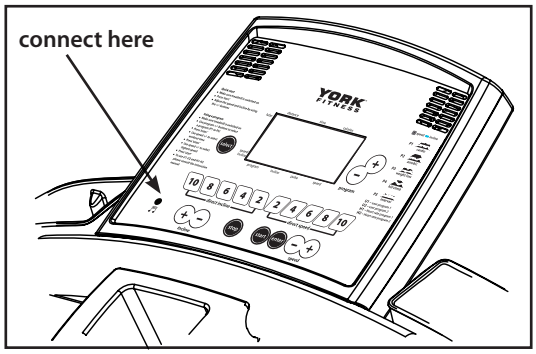
This treadmill features 4 non marking wheels to help manoeuvrability. Fold the deck up as explained above and use the handrails to push the treadmill to the desired location.



Before moving the treadmill, ensure the power cable is unplugged from the wall and the treadmill

Using the MP3 Player Input

The treadmill comes supplied with a cable that allows you to connect your MP3 player. Simply connect one end into the treadmill and the other end into the headphone socket of your MP3 player. The sound will come from the speakers built into the treadmill. You will need to adjust the volume using your MP3 player.

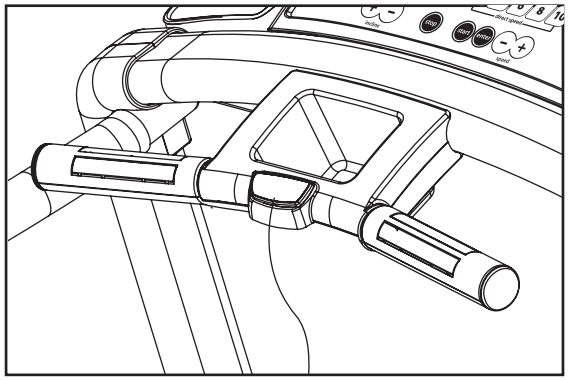


Monitoring your heart rate

This treadmill has 2 ways of monitoring pulse rates:

Hand Pulse Sensors

This treadmill is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.



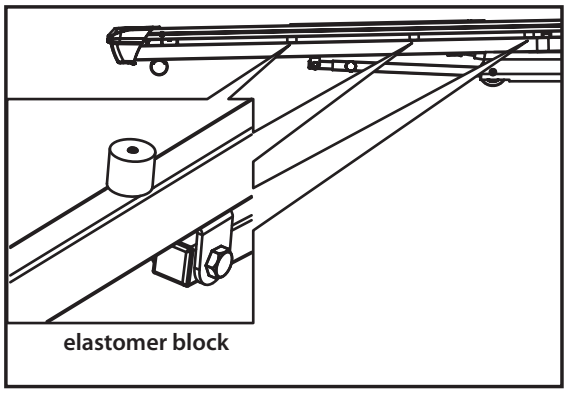
Wireless heart rate receiver

This treadmill features a built in receiver meaning it will pick up the signal from a chest strap. A chest strap will give a heart rate reading to ECG accuracy. We recommend a chest strap is worn when using HRC programs. To purchase one, please see the 'Contact Us' section at the start of this manual or visit www.yorkfitness.com

! Some people may not be able to obtain an accurate hand pulse reading due to variations in circulation

Cushioned Running Deck

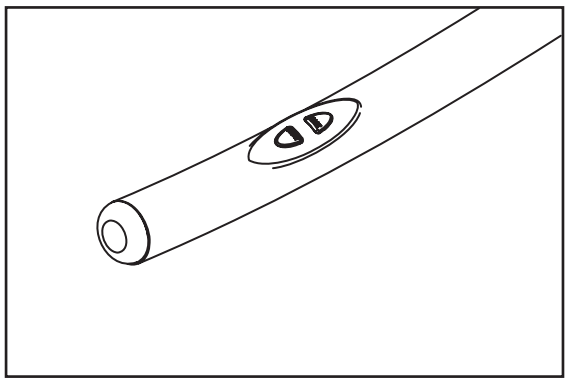
This treadmill features a cushioned running deck. The cushioning is provided by elastomer blocks placed between the deck and the metal frame. They help reduce impact on the joints by up to 300% over road running.



elastomer block

Handlebar Controls

This treadmill features handlebar controls that enable you to change the speed and incline settings. They work just the same as the '+/-' buttons on the main console and are provided for extra convenience.



Always consult your doctor before undertaking a new exercise regime

If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor

Starting your workout

Begin each workout with a Warm Up session – a few minutes of stretching to help prevent strains, pulls and cramps

- Get onto the treadmill, using the handrails for support, and place your feet on the side rails (either side of the running mat)
- Activate the treadmill (using the details found in the Operation Instructions)
- The treadmill will always start at the lowest speed, step onto the mat and walk at the same speed
- Continue the rest of your workout

Finishing your workout

- turn the treadmill to the lowest speed and incline settings
- Using the handrails for support place your feet on the side rails (either side of the running mat)
- Stop the treadmill
- Turn the treadmill off at the main power switch and remove the plug from the electrical outlet
- Remove the safety key
- If necessary, wipe the treadmill down with a damp cloth

End each workout with a Warm Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct running form

- Run in the centre of the running mat
- Keep your head erect and look straight ahead
- Shoulders should be square and level, don't round your shoulders or swing them forwards or backwards
- Keep your torso erect with the chest up so there's plenty of room for the diaphragm to move for proper breathing actions
- Do not lean forwards, backwards or slouch, as all of these posture deviations can place a lot of stress on the lower back, interfering with proper running mechanics and possibly causing lower back injury
- Feet should be pointed straight ahead and land directly under the hips

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up – do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula '220 minus your age in years'. So, if you are 35 years old your estimated maximum heart rate is:

220 – 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better heath:

185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Note: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please visit yorkfitness.com or get in touch using the Contact Us details on page 5.

Storage

Keep the treadmill in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use.

Cleaning

Use a warm, damp cloth to wipe the treadmill surfaces. Mild detergent may be used if necessary.

Do not clean between the mat and the running board, silicone lubricant is placed here to keep the mat running smoothly.

Lubrication

! Keeping the deck lubricated is the most important activity you can carry out to prolong the life of your treadmill.

An insufficiently lubricated deck will cause the belt, running deck and motor to wear our much quicker. How often you should lubricate depends on usage, we recommend the following:

- Light use (less than 3 hours a week) - every 8 months
- Medium use (3 to 5 hours a week) - every 4 months
- Heavy use (more than 5 hours a week) - every 2 months

You can check for proper lubrication levels at any time by doing the following:

1. Disconnect the treadmill from the power supply
2. Fold up the running deck, so the treadmill is in the storage position
3. Put your hand underneath the mat and feel along the running deck, as close to the centre of the deck as you can:

- If your hand gets a light coating of lubricant then no further lubrication is required
- If the surface feels dry and your hand feels clean, then apply more lubricant

! If in doubt apply a little lubricant

Your treadmill comes ready supplied with a bottle of lubrication oil - to use, apply a liberal amount to a lint free cloth and run cloth along the lenth of the running deck (underneath the mat). It's important to try and get the lubricant as close to centre of the deck as possible. Check the lubrication level as detailed above and re-apply with the cloth if necessary.

If you need more lubricant, we recommend you use the Lube-N-Walk Treadmill Lubrication Kit, it can be obtained from local York distributors - see the Contact Us details at the front of this manual or visit www.yorkfitness.com

Adjusting running mat tension

! Check lubrication before adjusting the mat as symptoms can be similar

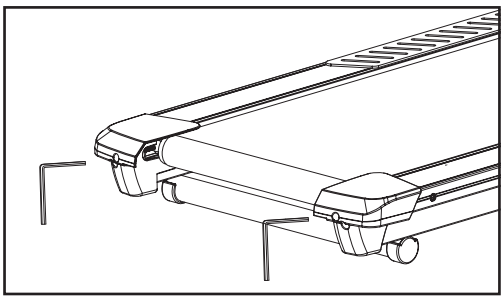
The tension of the mat has been pre-set at the factory; however, with use the mat can stretch slightly and become loose. If the mat is too loose you will find it starts to slip during use. To tighten the mat:

1. Set the treadmill to run at 3 km/h
2. Locate the adjustment screws at the end of the treadmill (there's one on each side - see diagram below)
3. Using the allen key provided, adjust both screws by ½ turn clockwise
4. Re-test the mat tension. If the mat still slips, repeat step 3

TIP: when correctly tensioned you should be able to lift the edge of the mat about 5 – 7cm – please only check this when the power is turned off.

! If the mat is too tight, turn the screws anticlockwise

! Do not over tighten the mat – only turn the screws ½ turn before re-checking the mat



Adjusting running mat alignment

The alignment of the mat has been pre-set at the factory, however, the mat can be caused to run out-of-line by a user's running style (eg, more weight on one foot), or if it placed on an uneven surface – so it may need adjusting from time to time. If the mat is running out of alignment it will track towards either the left or right hand side of the running deck. To re-align:

1. Set the treadmill to run at 3 km/h
2. Locate the adjustment screws at the end of the treadmill (there's one on each side - see diagram above)
3. If your mat moves to the right, using the allen key provided adjust the right screw by ½ turn clockwise (if it tracks to the left, perform the same operation on the left screw)
4. Let the treadmill run for a minute to see if it re-aligns to the centre. If more adjustment is needed repeat step 3

troubleshooting

If you have a problem with your treadmill, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

The table below details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local York distributor for advice

Problem	Cause	Correction
Treadmill will not start	1. Not plugged in. 2. Safety key not on correctly. 3. Treadmill circuit breaker. 4. Switched off. 5. Loose connection.	1. Plug into suitable outlet. 2. Insert safety key. 3. Reset circuit breaker. 4. Turn the switch on. 5. Un-plug and re-plug electrical cord.
Running mat slipping	1. Running mat loose. 2. Deck needs lubrication.	1. Tighten running mat. 2. Lubricate mat and deck.
Treadmill noisy	1. Loose hardware. 2. Motor straining. 3. Clicking sound - roller knocking.	1. Tighten all visible screws, nut, and bolts. 2. Check mat tension - 3 finger test. 3. Adjust rear rollers - check the tension.
Inaccurate pulse rate	1. To much hand movement. 2. Palms too wet. 3. Gripping hand grips too tight. 4. Wearing rings.	1. Stand on side rails to get accurate pulse reading. 2. Dry palms. 3. Grip using moderate pressure. 4. Remove all rings.

Malfunctions and Errors

The console will display information regarding operational faults with the treadmill. If your treadmill behaves in an unusual way and seems to have developed a fault, turn it off at the electrical outlet and then back on again. This should clear the treadmill of incidental errors and prepare it for normal operation. If there is still a problem call your local York distributor for advice. Please find below some specific error messages you may see on the display:

- E1 – means there is a problem with the incline function
- E2 - means there is a computer error
- LS – means there is a problem with the speed function

In all cases turn the treadmill off at the electrical outlet and then back on again. If this doesn't work, call your local York distributor for advice.

In the event of an electrical failure the treadmill will automatically shut off. To restart the treadmill:

1. unplug the power cable from the treadmill
2. push in the safety switch
3. re-plug the power cable into the treadmill

your warranty

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 month other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Barbell Ltd. warrants that the Product you have purchased from an authorised York reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Barbell may replace defective parts or at the option of York Barbell, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Barbell. York Barbell reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Barbell in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

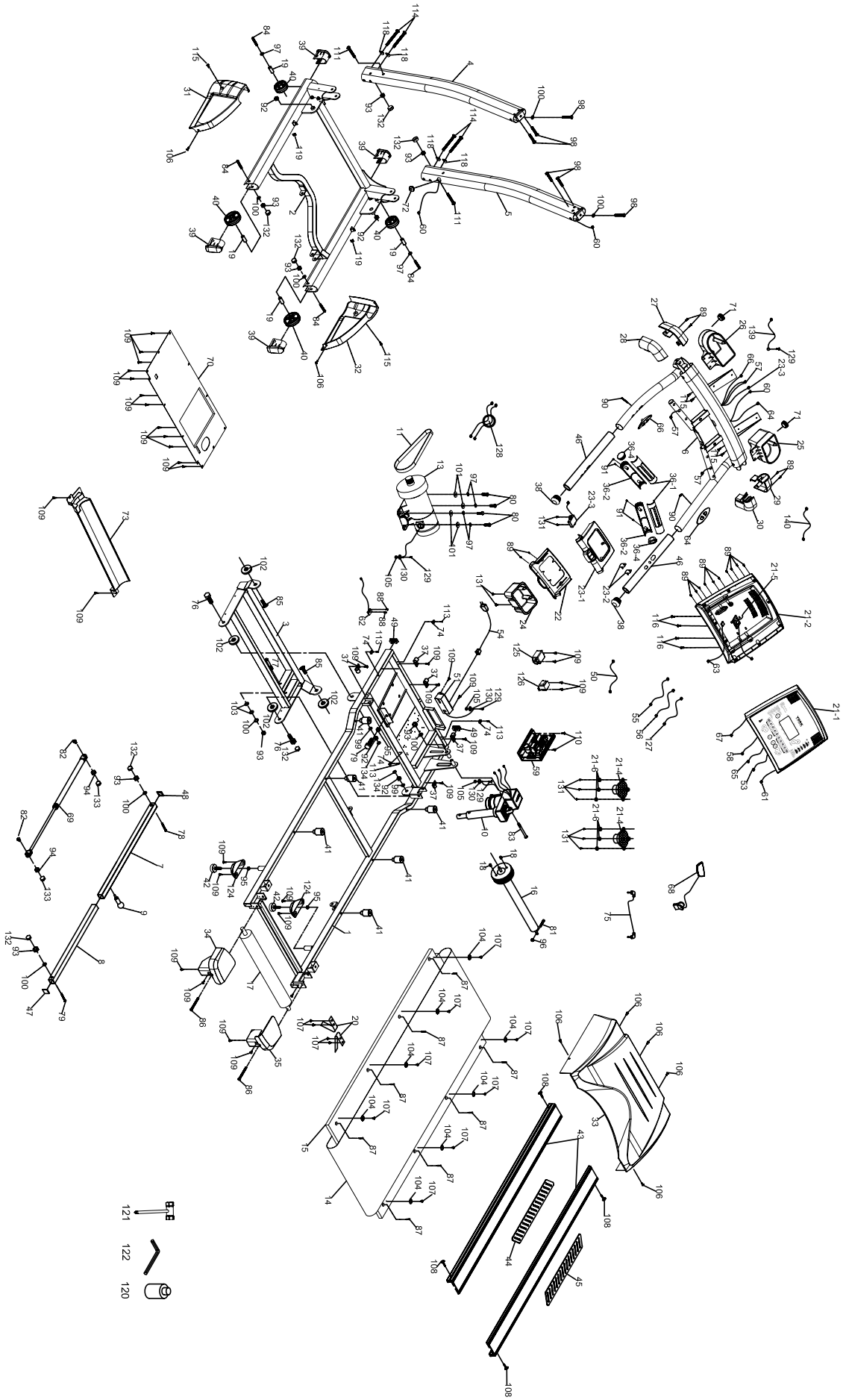
To obtain warranty service you must provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another

exploded diagram



YORK FITNESS

Ref.	Qty	Part no.	Part Description
1	1	YKA00131s2	Main Frame (T)
2	1	YKA00132s2	Base Frame (T)
3	1	YKA00133s2	Incline Frame (T)
4	1	YKA00077s2	Left Upright (T)
5	1	YKA00078s2	Right Upright (T)
6	1	YKA00134s2	Console Support & Handlebar (T)
7	1	YKA00129s2	Lower Lift support
8	1	YKP00171z1	Inner Slide Lift Support (21.4 x 21.4 x 570mm / T1.5mm)
9	1	YKF50020	Sprung Pull Plunger
10	1	YKF60026	Incline Motor Assembly (JS-15-30038L/B/220V [Non Vr on/off switch])
11	1	YKF40039b1	Pulley Belt (8J240)
13	1	YKF60045	Motor (4000rpm)
14	1	YKF40041b1	Running Belt (450 x 2720 x T1.6mm)
15	1	YKF50033b1	Running deck (1190 x 620 x T18mm)
16	1	YKF50034b6	Front Running Belt Roller/Pulley wheel (Ø58.5 x Ø100 x 567mm)
17	1	YKF50035b6	Rear Running belt Roller (Ø60 x 460mm)
18	2	YKF50025	Magnet (OD15mm)
19	4	YKP00151b6	Bush (ID10 x OD14 x 22.5mm)
20	2	YKP00152z1	Belt Guide
21	1	YKF60046s3	Console/Computer Complete Assembly T202
21~1	1	YKF20099s3	Top Console/Computer Cover
21~2	1	YKF20100s3	Bottom Console/Computer Cover
21~3	1	YKF60047	Computer PCB & Electrics (T202)
21~4	2	YKF60039	Speaker (0.25w x 8Ω)
21~5	1	YKF60029	Amplifier (ALT-350010)
21~6	6	YKF20092b3	Plastic Spacer (OD12 x T5.5mm)
22	1	YKF20077s3	Front Storage Compartment Bottom
23	1	YKF60025s3	Front Storage Compartment Top Assembly complete
23~1	1	YKF20076s3	Front Storage Compartment Top
23~2	2	YKF50023	Magnetic Trapezoide Safety Stop Plate
23~3	1	YKF60001	Safety switch module
24	1	YKF20078b9	Front Storage Compartment Inner
25	1	YKF20094s5	Bottle Holder Complete Assembly - Right
25~1	1	YKF20095s5	Bottle Holder - Right
25~2	1	YKF20096b9	Bottle Holder Inner
26	1	YKF20097s5	Bottle Holder Complete Assembly - Left
26~1	1	YKF20098s5	Bottle Holder - Left
26~2	1	YKF20096b9	Bottle Holder Inner
27	1	YKF20063s3	Left Front Corner Cover
28	1	YKF20064s3	Left Rear Corner Cover
29	1	YKF20065s3	Right Front Corner Cover
30	1	YKF20066s3	Right Rear Corner Cover
31	1	YKF20072Q16	Base Corner Cover - Left
32	1	YKF20073Q16	Base Corner Cover - Right
33	1	YKF20219s5	Top Motor Cover
34	1	YKF20101s5	Rear Left Endcap (T)
35	1	YKF20102s5	Rear Right Endcap (T)
36	2	YKF60024b5	Hand Pulse Assembly
36~1	2	YKF20059b5	Top Hand Pulse Assembly
36~2	2	YKF20060b5	Bottom Hand pulse Assembly
36~3	4	YKP00150s8	Hand Pulse steel pads
36~4	2	YKF20061b5	Round Hand Pulse End Cap
37	5	YKF20081b3	Motor Cover Fixing
38	2	YKF20053b5	Round Domed Internal End Cap (Ø38mm)
39	4	YKF20214b5	Oval Rounded Internal End Cap (40 x 80mm)
40	4	YKF20049b5	Transport Wheel (Ø75 x 22mm)
41	6	YKF20103b10	Rubber Deck Mount (M8 x OD30 x 35mm)
42	2	YKF20104b3	Height Adjustable Foot (3/8" x OD37 x T13mm)
43	2	YKF20217s3	Foot Rail (L1170mm)
44	1	YKF30014b1	Non-Slip Foot Grip - Left (71 x 503mm)
45	1	YKF30015b1	Non-Slip Foot Grip - Right (71mm x 503mm)
46	2	YKF30016b8	Foam Handgrip (ID38 x OD44 x 445mm)
47	1	YKF20067b5	Square Flat Internal End Cap (21.4 x 21.4mm)
48	1	YKF20068b5	Square Internal End Cap (25.4 x 25.4mm)
49	2	YKF20084b5	Rectangle Internal End Cap (20 x 40mm)
50	1	YKF60048b1	Connecting Wire (100mm x XHP-6pin x XHP-6pin)
51	1	YKF60118b5	Power Swich Module (10A)
53	1	YKF60017b1	Upper Safety Switch wire (150mm) Black (2pin)
54	1	YKF60053b1	Power Cable (90° 3pin U.K. [L2450mm])
		YKF60012b1	Power Cable (90° 3pin AUST. / N.Z. [L2450mm])
		YKF60054b1	Power Cable (90° 2pin EU [L2450mm])
55	1	YKF60034b1	Connecting Wire (100mm x 764 x 775)
56	1	YKF60034w1	Connecting Wire (100mm x 764 x 775)
57	1	YKF60014b1	550mm Lower Hand Pulse Wire - Black (2pin)
58	1	YKF60015b1	200mm Upper Hand Pulse Wire - Black (4pin - 2pin)
59	1	YKF60049	Conroller PCB (6200B)
60	1	YKF60050b1	Lower Computer Cable (2300m/m x XHP-12pin x 3020-12pin)
61	1	YKF60051b1	Upper Computer Cable (150mm x XHP-12pin x x3025 - 12pin)

Ref.	Qty	Part no.	Part Description
62	1	YKF60222	Sensor+Connecting wire(150mm)
63	1	YKF60043	Wireless Pulse Sensor PCB
64	1	YKF60031	Handlebar Mounted Speed Adjustment Switch + Cable (800mm [3-pin])
64~1	1	YKF20086b5	Handlebar mounted Speed Control buttons
65	1	YKF60052b1	Connecting Wire (300mm x XHP-3pin x SMP-3pin-BC)
66	1	YKF60032	Handlebar Mounted Incline Adjustment Switch + Cable (800mm [3-pin])
66~1	1	YKF20087b5	Handlebar mounted Incline Control buttons
67	1	YKF60052b1	Connecting Wire (300mm x XHP-3pin x SMP-3pin-BC)
68	1	YKF50026	Safety Key (Yellow & Red) 800mm
69	1	YKF50036	Gas Strut (T) folding
70	1	YKF20105b5	Bottom Cover
71	2	YKF20062b5	Round Internal End Cap (Ø38mm)
72	1	YKF20042b5	Oval Grommet/Cable Insert (28 x 24 x T10mm)
73	1	YKF20106b5	Front Roller Cover
74	4	YKF20043	Wire Tie Mount (Circle type)
75	1	YKF60044	Audio Cable (2x 90°Jack x L200mm)
76	2	YKF10111b6	Hex Head Bolt (1/2" x 1")
77	1	YKF10069b6	Hex Head Bolt (3/8" x 3/4")
78	1	YKF10101b6	Hex head Bolt (3/8" x 1-3/4")
79	2	YKF10102b6	Hex head Bolt (3/8" x 1-1/2")
80	4	YKF10132b6	Hex head Bolt (3/8" x 1")
81	1	YKF10114b6	Hex Head Bolt (M8 x 60mm)
82	2	YKF10075b6	Round Allen Head Bolt (5/16" x 1" [5mm Allen])
83	1	YKF10115b6	Round Allen Head Bolt (3/8" x 4" [6mm Allen])
84	4	YKF10133b6	Round Allen Head Bolt (3/8" x 2" [6mm Allen])
85	2	YKF10128b6	Carriage Bolt (1/2" x 28mm)
86	2	YKF10117b6	Cap Allen Head Bolt (M8 x 3" [5mm Allen])
87	8	YKF10125b6	Countersunk Allen Head Self Tapping Screw (8 x 1" [5mm Allen])
88	2	YKF10126b6	Round Philips Head Machine Screw (M3 x 12mm)
89	16	YKF10082b6	Round Philips Head Self Tapping screw (3.5 x 12mm)
90	2	YKF10129b6	Pan Philips Head Self Tapping Screw (4 x 38mm)
91	4	YKF10126b6	Round Philips Head Machine Screw (M3 x 12mm)
92	4	YKF10080b6	Nyloc Nut (1/2" x T8mm)
93	8	YKF10081b6	Nyloc Nut (3/8" x T7mm)
94	2	YKF10121b6	Nyloc Nut (5/16" x T7mm)
95	3	YKF10279b6	Hex Nut (3/8" x T-7mm)
96	1	YKF10122b6	Nyloc Nut (M8 x T7mm)
97	6	YKF10078b6	Spring Washer (3/8" x T2mm)
98	6	YKF10069b6	Hex Head Bolt (3/8" x 3/4")
99	2	YKF10084b6	Flat washer (ID1/2" x OD26 x T2mm)
100	8	YKF10085b6	Flat washer (ID3/8" x OD19 x T1.5mm)
101	4	YKF10083b6	Flat washer (ID3/8" x OD25 x T2mm)
102	4	YKF20088b3	Plastic Spacer (OD50 x ID 13 x T3mm)
103	2	YKF20089b3	Plastic Spacer (OD10 x ID 25 x T3mm)
104	8	YKF10123c1	Concave Washer (ID6.5 x OD25 x T1.5mm)
105	3	YKF10093c1	Star Washer (ID-5mm)
106	7	YKF10088b6	Round philips head Machine Screw (M5 x 16mm)
107	12	YKF10092b6	Round Flange Philips Head Self Tapping Screw (4x 12mm)
108	4	YKF10124b6	Round Flange Philips Head Self Tapping Screw (4x 19mm)
109	33	YKF10089b6	Round Flange Philips Head Self Drililng Screw (5 x 16mm)
110	2	YKF10134b6	Round Flange Philips Head Self Drililng Screw (5 x 19mm)
111	2	YKF10120b6	Round Allen Head Bolt (3/8" x 2-1/2" [6mm Allen])
112	23	YKF10105b6	Round Philips Head Self Tapping Screw (2.3 x 6mm)
113	4	YKF10100c1	Countersunk Philips Head Self Drilling Screw (3.5 x 16mm)
114	4	YKF10072b6	Hex Head Bolt (3/8" x 3-3/4")
115	6	YKF10131b6	Round Philips Head Machine Screw (M5 x 15mm)
116	4	YKF10104b6	Round Philips Head Machine Screw (M5 x 10mm)
118	4	YKF10103b6	Curved Washer (ID3/8" x OD23 x T1.5mm)
119	2	YKF10109b6	Threaded Clip (M5)
124	2	YKF20218b5	Adjustable Foot - Cover
125	1	YKF60019	Filter (GD07-Z8000-D)
126	1	YKF60020	Choke / Transformer (XT-4800.130mm x 240mm)
127	1	YKF60021w1	Connecting Wires (200x 764 x 764)
128	1	YKF60022	Motor Connect Wire (5 Cables) 400mm
129	4	YKF10104b6	Round Philips Head Machine Screw (M5 x 10mm)
130	3	YKF10107b6	Spring Washer (ID5 x T1.5mm)
131	10	YKF10110b6	Round Philips Head Self Tapping Screw (3 x 8mm)
132	7	YKF20074b5	Round Plastic Bolt Cap (14mm)
133	2	YKF20380b5	Round Plastic Bolt Cap (13mm)
134	2	YKF20381b5	Round Plastic Bolt Cap (19mm)
139	1	YKF60212b1	Connecting Wire (150mm)
140	1	YKF60221	Wireless Hand Pulse Cable - Lower(450mm)
		TOOLS	
121	1	YKF70001	Combined Nut Driver (13/14mm) & Philips Head Screw Driver
122	1	YKF70002	Allen Key (6mm)
120	1	YKF70003	Bottle of Lubricant